



NON-GMO · MASS SPEC

Documentation ✓ Lab Tested ✓

Suggested usage: 1 capsule per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

The B vitamins in Hi Potency B Complex work together to metabolize carbohydrates, fats, and proteins, which contributes to an increased energy production level in the body.* They also support a healthy nervous system and mood, and are essential for healthy skin, hair, and vision.* Water-soluble B vitamins are not stored in the body and must be replenished daily.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, wheat, gluten, yeast, soy, egg, fish, shellfish, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Purity & Potency
Guaranteed

Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line

natural
Factors

Hi Potency B Complex

90 Capsules



50 mg COMPLEX

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin (hydrochloride)	50 mg	4,167%
Riboflavin (vitamin B2)	50 mg	3,846%
Niacin (niacinamide)	50 mg	313%
Vitamin B6 (pyridoxine hydrochloride)	50 mg	2,941%
Folate	1700 mcg DFE (1000 mcg folic acid)	425%
Vitamin B12 (cyanocobalamin)	50 mcg	2,083%
Biotin (vitamin B7)	60 mcg	200%
Pantothenic Acid (calcium pantothenate)	50 mg	1,000%
Choline (bitartrate)	20 mg	4%
Inositol	50 mg	**
Para-Aminobenzoic Acid	50 mg	**

** Daily Value not established.

Other ingredients: Gelatin capsule (gelatin, purified water), microcrystalline cellulose, magnesium stearate (vegetable grade), silica.

